

## STEP 01

**Just 10 minutes of brisk walking can get your blood pumping, improve your mood, as well as reduce your risk of long-term health conditions.**

Here are **10** steps to get you started. **Because there's only one you.**

### Take 10 minutes

10 minutes is all you need. Walking briskly for just 10 minutes a day can improve your health straight away. Doctors say that everyone should be active for around 150 minutes a week. A 10-minute walk is an easy way to get you started.



## STEP 02

### Download the Active 10 app

Even if you're not active yet, you can get going with our free new Active 10 app. The app is handy in that it tracks your walking to tell you when you're walking briskly and how many minutes you've been doing it for.

**Brisk walking can reduce your risk of long-term health conditions like heart disease, type 2 diabetes, dementia and cancer.**



## STEP 03

### Get your shoes on

Unlike other types of exercise, with walking you don't need any fancy gear, figure-hugging Lycra, or expensive extras. All you need is a pair of shoes. It helps if your shoes fit you properly and give you the proper support but any footwear will do.

**Walking is free and can even save you money on travel costs.**



## STEP 04

### Keep it brisk

Walking is good, but brisk walking is better. Picking up the pace to get your heart rate going is the bit that unlocks the most health benefits. And it's easy to know when you're doing it right: you'll be breathing faster and feeling warmer. But if you want to be sure, download the Active 10 app.

**If you're walking briskly you can talk but you can't sing. It's true, try it.**



## STEP 05

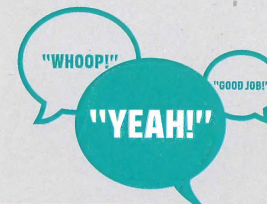
### Do it anytime

What's great about walking is that it can so easily fit into your day. Whether it's taking the dog out, walking on the school run, going for a lunchtime or daily walk, it's one of the simplest ways to fit activity into your day.

### Make it fun

We know getting active can feel like a chore. But, unlike other workouts, there are plenty of ways to keep walking fresh and fun – invite your friends along, walk to some music or mix up your routes.

**Brisk walking can help you manage your weight.**



## STEP 06

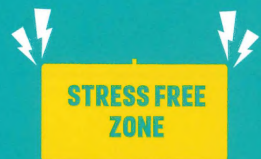


## STEP 07

### Don't be nervous

Everyone's different but many people say they don't like exercising because they feel nervous, uncomfortable, or generally unsure about the whole thing. The great thing about walking is that there is none of that, you can be confident that just by putting one foot in front of the other, you're on your way to being healthier.

**Brisk walking can improve your mood and your quality of life.**



## STEP 08

### Stay motivated

Sometimes it's easier said than done. But to help you get those walking shoes on every day, keep using the Active 10 app, which tracks your walking and keeps you motivated with lots of tips and tricks. Also, run through the tips in this guide to remind yourself of all the amazing benefits.



## STEP 09

### Build up to 30

Walking briskly for 10 minutes is an excellent start to a healthier, happier you. But the more walking you do, the better. Why not work your way up to walking for 30 minutes every day? You might not be ready yet, but after using the free Active 10 app for a while, you'll feel ready to change your goal and get even more active. Go for it.

**Brisk walking daily can help with muscle and bone pain, making everyday tasks easier.**

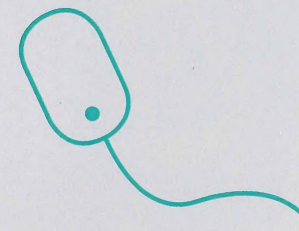


## STEP 10

### And there's more

Remember, there are loads of other ways to get active. You can find lots more advice, hints and tips on how you can move more, sit less and build your strength on the One You moving page.

Search **One You** for more information.



ACTIVE  
10

BECAUSE  
THERE'S ONLY  
ONE  
YOU



Public Health  
England

# 10 STEPS TO AN ACTIVE YOU

**We all know how important it is to be active.**

The good news is that you don't have to do an intense workout to get the benefits of exercise, **walking briskly counts too.**

ACTIVE  
10

BECAUSE  
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